

## From the Committee

Covid has once again raised its ugly head causing disruption to some of our groups.

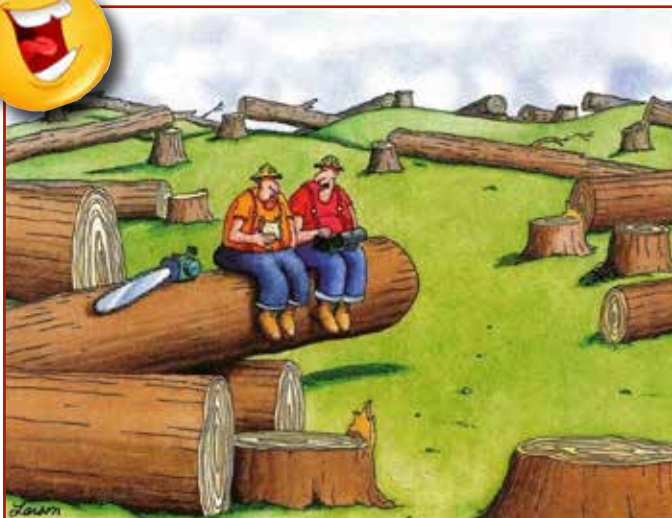
Hopefully Victoria gets a break from the latest cases and we can resume normal timetabling after the school holidays.

Are you a **new resident** or do you know of someone who has recently moved here?

The **New Residents Meeting** will be held in the Town Hall at 3.00pm Saturday 10 July. It is a good opportunity for new or newer residents to learn about the facilities on offer in the town. They can register through [railwayworkshops@gmail.com](mailto:railwayworkshops@gmail.com) or phone or text to 0407 622 463. The event is free and will be followed by a Devonshire Tea.

There are changes to the **assets and income tests** for the pension which may help you. The changes are published on page 2.

We have received advice that the NBN will be installed in the old Railway Station early July so those of you who make use of this feature will have access to it. This increases the range of activities which can be held there.



*"You know what I'm sayin'? ... Me, for example, I couldn't work in some stuffy little office ... The outdoors just call to me."*

## Chess for Beginners

A new course, Chess for Beginners is designed for total beginners and will include an explanation of the rules and moves, and some practise games.

Venue is the Railway Station on Friday afternoons from 1:30 – 3:30pm. Enrollments are now open online.



## Swingalong Ukestra

Creswick Swingalong Ukestra is a new Creswick community band which provides an opportunity to learn one of the world's friendliest instruments for beginners, and to perform in two concerts.

Jen Hawley of [Jen's Music School](#) will conduct 10 sessions at the Creswick Courthouse (Wednesdays: 14 July; 4 and 18 August; 1 and 15 September; 6 and 20 October; 3 and 17 November; 1 and Saturday 4 December). There'll be two performances on Saturday 4 December at the Creswick Market and the Town Hall. Ukestra members will also be eligible to perform at CresFest 2022 (1-3 April). We'll have more information about CresFest 2022 shortly. Cost is \$90 Concession or \$110 Adults for the 10 sessions.

If you're interested and don't own a ukulele [Crossroads Music](#) at 32 Skipton Street, Ballarat Central can help. A Concert ukulele is best for intermediate players but beginners can play Sopranos. For more information and to book your spot click on this [TryBooking](#) link.

# Changes set to kick in from 1 July could provide a big boost for some pensioners



Normally the end of the financial year brings with it a sense of dread, however, the new financial year starting on Thursday will bring about a raft of changes that could help the retirement balances of many Australians, including a pension boost for about one million recipients. Here's a short list of the big changes coming on 1 July and how they will affect your retirement.

## Pension increase

Changes to the asset and income thresholds will result in a small pension increase for around one million part-rate age pensioners and carer payment recipients.

The increase to income and asset limits will take place on 1 July as part of the annual indexation measures applied to the means test. Pensioners receiving a part rate will benefit from the increase in the free areas because the amount of income and assets allowed before their payment is affected is increasing.

The Age Pension, Disability Support Pension and Carer Payment single income free area will increase by \$2 to \$180 per fortnight, which will increase their payment by \$1 per fortnight, and the couple

combined income free area will increase by \$4 to \$320 per fortnight.

The number of assets a pensioner couple who own their own home can have before it affects their rate of payment will increase to \$405,000 (excluding their home) up from \$401,500, which will flow through to increase their payment by \$10.50 per fortnight.

The disqualifying asset thresholds will also increase on 1 July, which will increase the number of Australians that may become eligible to receive a pension payment.

## Pension eligibility

While the means test indexation changes will mean that more people become eligible for the Age Pension, the age at which people become eligible for the pension will also change on 1 July.

As of Thursday, you need to be 66 years and six months old to receive the Age Pension. The Age Pension eligibility age has been slowly increasing from 65 to 67 years, increasing by six months every two years. The last change will come on 1 July 2023, when pension eligibility age will reach 67 years.

*From Your life Choices*



*If I told any of you I have a bad memory, it's getting better.*

*I can't remember the last time I forgot something.*



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# CRESWICK HISTORY

## Sir Ernest Daryl Lindsay – 1889-1976



Painter, illustrator and gallery director, Sir Ernest was born at Creswick on 31 December 1889, the second youngest child of Dr Robert Charles Lindsay and his wife Jane Williams. Early childhood ear infections left him with permanent deafness in one ear, which he sometimes used to his advantage.

Because he was so much younger than his artist siblings, Daryl had little contact with them as a child, and did not join them in their Melbourne illustrating careers. Indeed he was at first more interested in horses than art, and spent some years working as a jackaroo.

Even though his hearing problems should have precluded him from a military career he enlisted in the AIF, in the Service Corps, and served in France. In 1916, while on leave in London, he met with his sister Ruby and her husband Will Dyson, who was Australia's first official war artist.

On 31 December 1916, Daryl's birthday, his brother Reg who was a gunner, was killed. Within weeks Dyson had organised for Daryl to become his batman. This new position moved him away from the front line and also introduced him to art,

encouraging him to draw alongside him. Charles Bean, Australia's official historian for World War I, appointed him as an artist alongside his mentor.

Daryl also drew studies for army surgeons, creating an accurate medical record of injuries. This led to being appointed as the official medical artist to the Sidcup Hospital for facial reconstruction. He subsequently befriended the plastic surgeon, Harold Gillies, who was also a landscape painter. This connection led to a friendship with Sir Henry Tonks of the Slade. Daryl subsequently studied drawing at the Slade one day a week and through this connection as well as his family links, came to mix socially with artistic and literary London.

In early 1919 Daryl and Ruby paid a short visit to their Irish relatives. She became ill on the journey home, and died soon after, an early victim of the Spanish Influenza. He returned to Australia the same year, and held his first exhibition of drawings at the Decoration Galleries in Melbourne.



In 1921 he returned to London where he became engaged to Joan Weigall, a cousin of the Boyds. They married on 14 February 1922 and as Joan Lindsay she became one of Australia's most loved writers.

In 1925 they built their home at Mulberry Hill, at Baxter on the Mornington Peninsular. Here Daryl painted: landscapes, and his most popular subject matter, race horses. Friends, including the artist George Lambert, came to stay and it was here that Lambert drew his portrait of the elderly Jane Lindsay.

When the Great Depression made life too expensive they leased Mulberry Hill, and moved to Bacchus Marsh where he scraped a living as a black and white artist and made paintings on a small scale.

Although without money, he was not without influence and in 1930 was able to lobby to have his brother Norman's novel *Redheap* banned in Australia. He invented the 'Ben Bowyang' comic strip for the Melbourne Herald in 1933 with gags supposedly by C.J. Dennis, who rarely delivered them.

Once they had money saved Daryl and Joan Lindsay travelled by cargo boat to Europe. In London Daryl made many studies of the de Basil company's ballet dancers. The subsequent exhibition was a resounding commercial success.

After returning to Australia and Mulberry Hill, Daryl was persuaded by Sir Keith Murdoch to take the post of curator at the National Gallery of Victoria. After Murdoch engineered the removal of J.S. (Jimmy) MacDonald, Daryl Lindsay was offered the post of Director in 1942.

Daryl Lindsay encouraged the scholarship of his curator of prints and drawings, Dr Ursula Hoff, and also worked with Professor Joseph Burke to lift the standard of art scholarship in this country. Through his friendship with Sir Robert Menzies and as a member of the Commonwealth Art Advisory Board he advanced the cause of national gallery for Australia and ensured that its first interim director was his nominee, James Mollison.

In his old age Daryl continued to paint, and also kept a connection to the Ballarat Fine Art Gallery where he was Trustee. The last young gallery director he mentored was Ron Radford, later director of the National Gallery of Australia.



## New data reveals worrying reasons heart attack victims don't call 000



New data reveals worrying reasons heart attack victims don't call 000.

The Heart Foundation is sounding the alarm over research suggesting many heart attack patients don't call an ambulance because they're unsure of the warning signs or assume they're not at risk.

Acting quickly and calling an ambulance is critical to minimise heart damage, but just one in three patients called triple zero (000) – regardless of whether it was their first heart attack or not.

Far more people (49%) drove themselves to the nearest hospital or GP clinic, the Foundation's new survey of more than 400 heart attack survivors reveals.

The results have prompted the heart health charity to implore more Australians to learn the warning signs and know to get help fast by calling triple zero.

The most common reasons for not calling paramedics were uncertainty over whether it was a heart attack or not (54%), and thinking they were at low risk of a heart attack (26%).

COVID-19 also put patients off getting medical help. Of those surveyed who had their heart attack in 2020, half delayed seeking treatment over fears of catching the virus or adding to the burden of already strained hospitals.

Heart Foundation General Manager of Heart Health, Bill Stavreski, says knowing the full range of heart attack warning signs, and what action to take, can save your life.

"Everyone has heard of a heart attack, but many people assume it won't happen to them, so they may discount the warning signs or misinterpret them as something else," Mr Stavreski said.



“This complacency is dangerous because heart attacks are more common than you might think.

“With heart attacks, every minute counts, yet one in four people waited at least one hour before taking any action.

“Getting to hospital quickly can reduce the damage to your heart muscle and increase your chance of survival, but the last thing we want patients to do in this situation is get behind the wheel.

“It’s concerning to see people aren’t calling triple zero and getting the medical help that can be the difference between life and death, or a speedy recovery or living with permanent disability.”

Key findings include:

- Close to half of patients acted within 15 minutes of experiencing symptoms, a quarter waited half an hour to an hour and the other quarter waited longer than one hour.
- Despite some patients having had two or more heart attacks, the time taken to respond to symptoms was similar.
- The most common first reaction to symptoms was to tell a friend or family member (28%); 19% rang triple zero for an ambulance; 16% travelled to the nearest hospital and 12% went to a doctor’s surgery. Whatever they did first, overall just 31% called triple zero for an ambulance, and about half (49%) took themselves to a hospital or GP clinic.

Every nine minutes an Australian is hospitalised for a heart attack, but Mr Stavreski warns it won’t necessarily look like the classic heart attack you might see on TV or in the movies.

Chest pain or discomfort are tell-tale signs of a heart attack, but they are not the only signs. You may have just one, or a combination of symptoms (see list below).

“Most of us are familiar with the common portrayal of a heart attack in movies, but the reality is that symptoms can vary from person to person and may not always be sudden or severe,” Mr Stavreski said.

“Chest pain is the most common symptom in women and men, but women are more likely to experience other symptoms such as nausea, fatigue, and arm, shoulder, neck, jaw or back pain.

“We know a significant proportion of women are reluctant to call triple zero if experiencing

symptoms of a heart attack because they feel they are at low risk.

“If symptoms last longer than 10 minutes while resting, are severe or get worse, call triple zero immediately. This advice remains the same during a pandemic; you can and should seek emergency care.

“And remember, it’s okay if it ends up being a false alarm – that’s the best thing that could happen.”

## Danger zone

Heart attack warning signs can include:

- Discomfort, heaviness, tightness, pressure or pain in the chest.
- Pain (or discomfort) in one or more of the following areas: arm(s), shoulder(s), neck, jaw or back.
- Shortness of breath
- Nausea
- Cold sweat
- Dizzy or light-headed
- Vomiting
- Feeling generally unwell

